



DATE:	02-06-2024	TIME:	11:57 AM
NAME:	Jessica H		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		89	
BREATHING RATE:		10	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		142 / 85	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		14	
PRQ:		8.64	
ACTIVITY:		3	
SLEEP:		2	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK